Taste of Brazil

Mouthwatering Brazilian Dishes!

Authentic Brazilian dishes!

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By Paramte Poompuang

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Taste of Brazil

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Introduction

Welcome to the world of Brazilian cuisine!
Brazil is known for its rich, flavorful, and diverse dishes that reflect the country's cultural heritage, geography, and local ingredients. From the vibrant flavors of traditional street food to the refined elegance of upscale restaurants, Brazilian cuisine offers something for everyone.
In this cookbook, you will discover the delicious and colorful recipes that define Brazilian cuisine, including appetizers, main courses, and desserts. You'll learn how to make classic dishes like feijoada, moqueca, and pão de queijo, as well as new and innovative creations that showcase the best of Brazilian ingredients and cooking techniques.
Whether you are a seasoned cook or just starting out in the kitchen, this cookbook will guide you through the basics of Brazilian cooking, from preparing ingredients to cooking techniques, and provide step-by-step instructions for creating delicious, authentic dishes.
So, tie on your apron, gather your ingredients, and let's start cooking!

All recipes are for 4 persons

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Table of contents

1.Feijoada 8
2.Rice and Beans 10
3.Churrasco (barbecue) 12
4.Pão de Queijo (cheese bread) 14
5.Coxinha (chicken croquette) 16
6.Acarajé 18
7.Moqueca 20
8.Caldo de Galinha (chicken soup) 22
9.Pastel 24
10.Empadão 26
11.Vatapá 28
12.Tapioca 30
13.Bife a cavalo 32
14.Frango a Passarinho 34
15.Guaca 36
16.Quibe 38
17.Escondidinho 40
18.X-tudo 42
19.Sorvete de creme 44
20.Bauru sandwich 46
21.Feijão tropeiro 48
22.Lasanha 50
23.Arroz carreteiro 52
24.Bobó de camarão 54
25.Fettuccine ao molho madeira 56

Feijoada

Feijoada is a traditional Brazilian dish made from black beans and various cuts of meat, such as pork and beef. The ingredients are slow-cooked with spices and seasonings, creating a hearty and flavorful stew that is typically served with rice, collard greens, and slices of orange. Feijoada is considered a national dish of Brazil and is often served at celebrations and special occasions.

Ingredients:

- 2 cups of dried black beans, rinsed and soaked overnight
- 1 pound of smoked pork shoulder or belly, chopped
- 1 pound of beef, such as stew meat or short ribs, cut into chunks
- 2 sausages, sliced
- 2 tablespoons of olive oil
- 1 large onion, chopped
- 3 garlic cloves, minced
- 1 teaspoon of cumin powder
- 1 teaspoon of paprika
- 2 tablespoons of tomato paste
- 4 cups of chicken or beef broth
- Salt and pepper, to taste
- Rice, collard greens, and orange slices, for serving (optional)

Instructions:

1. In a large pot or dutch oven, heat the olive oil over medium heat.
2. Add the onion and garlic, and cook until softened, about 5 minutes.
3. Add the cumin and paprika, and cook for another minute.
4. Stir in the tomato paste and cook for another minute.
5. Add the meat and sausages, and cook until browned, about 10 minutes.
6. Drain the soaked black beans and add them to the pot.
7. Pour in the broth and bring the mixture to a boil.
8. Reduce the heat to low, cover the pot, and let it simmer for 2-3 hours, or until the meat is tender and the flavors have melded together.
9. Season with salt and pepper, to taste.
10. Serve the feijoada with rice, collard greens, and orange slices, if desired.

Rice and Beans

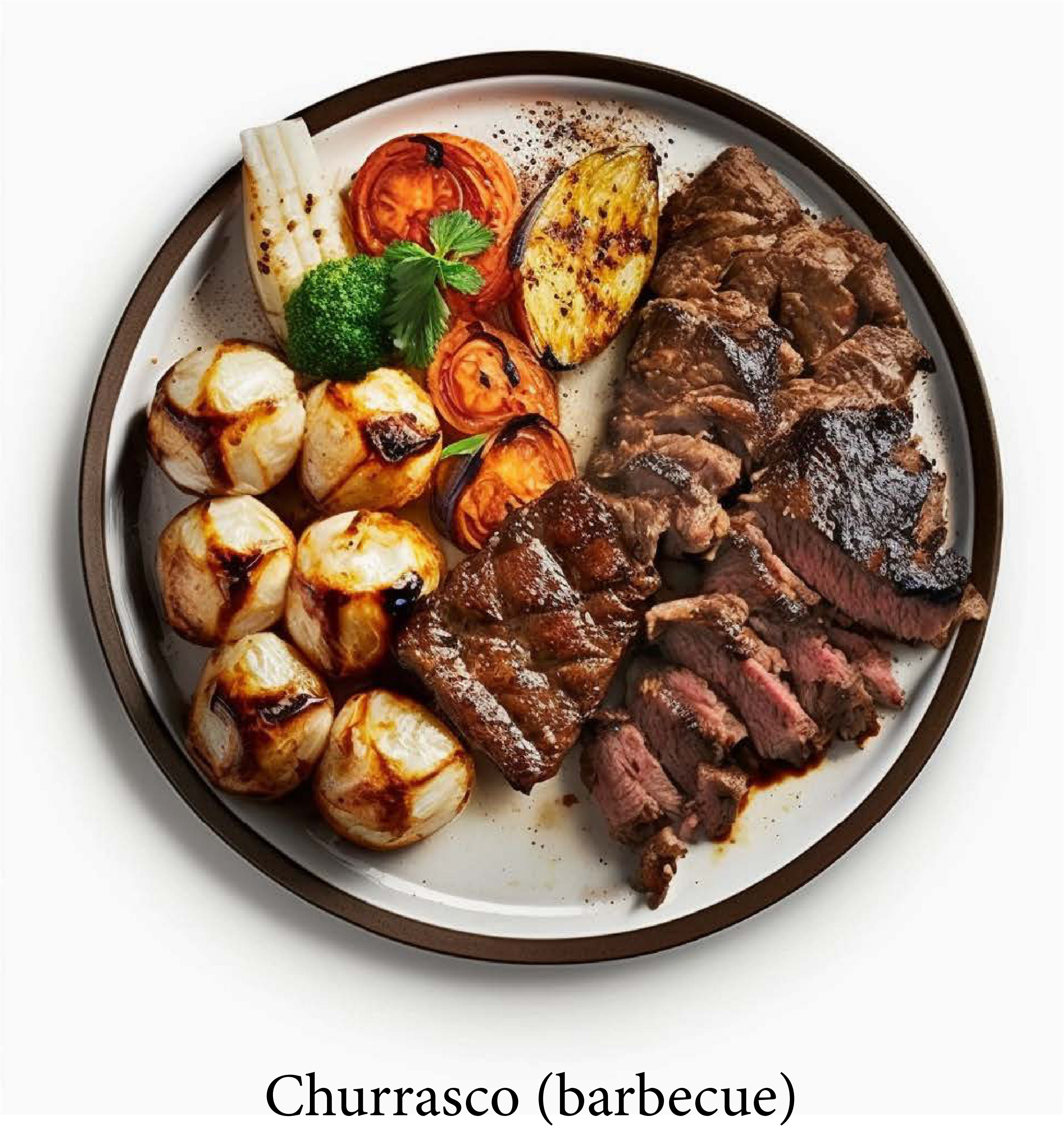
Rice and Beans is a staple dish in Brazilian cuisine, consisting of white rice and black beans cooked together and seasoned with various spices and ingredients. The black beans are typically prepared with garlic, onions, and spices, then simmered until tender and combined with cooked rice. This dish is often served as a side dish, but it can also be enjoyed as a main meal with the addition of protein such as chicken or sausage. It is a filling, nutritious, and flavorful dish that is widely loved and enjoyed in Brazil.

Ingredients:

- 1 cup of white rice
- 1 cup of dried black beans, rinsed and soaked overnight
- 2 tablespoons of olive oil
- 1 large onion, chopped
- 3 garlic cloves, minced
- 1 teaspoon of cumin powder
- 1 teaspoon of paprika
- 2 cups of water or broth
- Salt and pepper, to taste

Instructions:

1. In a medium saucepan, heat the olive oil over medium heat.
2. Add the onion and garlic, and cook until softened, about 5 minutes.
3. Stir in the cumin and paprika, and cook for another minute.
4. Drain the soaked black beans and add them to the saucepan.
5. Pour in the water or broth and bring the mixture to a boil.
6. Reduce the heat to low, cover the saucepan, and let it simmer for 1-2 hours, or until the beans are tender.
7. Season the beans with salt and pepper, to taste.
8. In a separate saucepan, cook the rice according to package instructions.
9. Serve the beans and rice together, garnished with fresh cilantro or parsley, if desired.



Churrasco (barbecue)

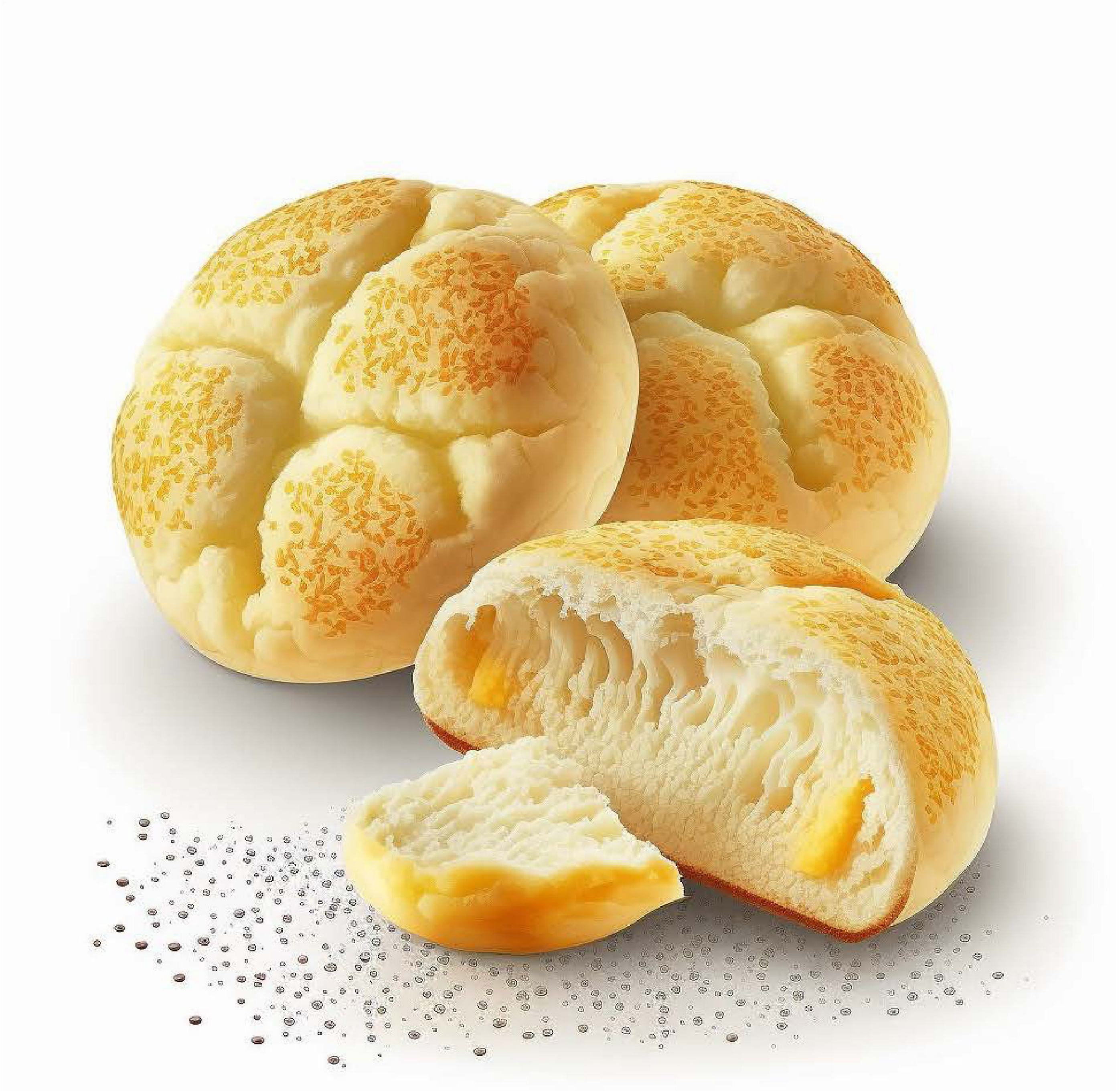
Churrasco is a traditional South American barbecued meat dish, originating from southern Brazil. It typically involves grilling various cuts of beef, such as sirloin, flank steak, or ribeye, over an open flame. The meat is seasoned with salt and other spices and slow-roasted to perfection, resulting in juicy and flavorful cuts of beef. Churrasco is often served with rice, beans, and chimichurri sauce, a tangy and herby condiment that complements the meat. Churrasco is a popular and beloved dish in Brazil and is often served at barbecues, family gatherings, and special occasions.

Ingredients:

- 2-3 pounds of sirloin, flank steak, or ribeye steak, cut into 1-inch thick pieces
- 2 tablespoons of olive oil
- Salt and pepper, to taste
- Optional: other seasonings, such as garlic powder, paprika, or dried herbs
- Optional: chimichurri sauce (for serving)

Instructions:

1. Prepare the grill by heating it to high heat. Clean and oil the grates.
2. Season the steak pieces with olive oil, salt, pepper, and any other desired seasonings.
3. Place the steak pieces on the hot grill grates and cook for 4-5 minutes on each side, or until desired doneness is achieved.
4. Remove the steak from the grill and let it rest for a few minutes before slicing and serving.
5. Serve the churrasco with rice, beans, and chimichurri sauce, if desired.



Pão de Queijo (cheese bread)

Pão de Queijo is a popular Brazilian snack or appetizer made from cassava flour and cheese. The dough is mixed with grated cheese, eggs, milk, and a small amount of oil, then shaped into small, round balls and baked until golden brown and puffed. The result is a warm, cheesy, and soft bread with a chewy texture. Pão de Queijo is often enjoyed for breakfast, as a snack, or served as an appetizer with various dips or spreads. It is a staple food in Brazilian cuisine and is loved for its delicious and unique flavor.

Ingredients:

- 2 cups of cassava flour
- 1/2 cup of grated cheese (such as Parmesan or Cotija)
- 2 eggs
- 1/2 cup of whole milk
- 2 tablespoons of olive oil
- 1/2 teaspoon of salt
- Optional: 1 teaspoon of baking powder

Instructions:

1. Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. In a large mixing bowl, whisk together the cassava flour, cheese, eggs, milk, olive oil, salt, and baking powder (if using). Mix until well combined.
3. Using a spoon or cookie scoop, form the dough into 1-inch balls and place them on the prepared baking sheet.
4. Bake the pão de queijo for 20-25 minutes, or until golden brown and puffed.
5. Remove from the oven and let the pão de queijo cool for a few minutes before serving.

Coxinha (chicken croquette)

Coxinha is a popular Brazilian snack food made from shredded chicken meat and a dough made of cassava flour. The chicken is cooked and shredded, then mixed with seasonings, such as onions, garlic, and spices, to form a filling. The filling is then shaped into a small, teardrop-like shape, coated in a batter made from the cassava flour dough, and deep-fried until crispy and golden. The result is a savory and crunchy snack that is often enjoyed as a street food or appetizer. Coxinha is a staple in Brazilian cuisine and is beloved for its flavor and texture.

Ingredients:

For the chicken filling

- 2 lbs of boneless, skinless chicken breast
- 1 onion, chopped
- 3 cloves of garlic, minced
- 1 cup of chicken broth
- 2 tablespoons of butter
- Salt and pepper, to taste
- Optional: other seasonings, such as paprika, cumin, or dried herbs

For the dough:

- 2 cups of cassava flour
- 1/2 cup of all-purpose flour
- 1 teaspoon of salt
- 1/4 teaspoon of baking powder
- 1 egg
- 1 cup of warm milk

Instructions:

1. Cook the chicken: In a large saucepan, cook the chicken in the chicken broth over medium heat until fully cooked and tender, about 10-15 minutes. Remove the chicken from the pan and let it cool, then shred it into small pieces.
2. Make the filling: In the same saucepan, melt the butter and cook the onion and garlic until soft and translucent, about 5 minutes. Add the shredded chicken, seasonings, salt, and pepper to the pan and stir to combine. Cook for an additional 2-3 minutes. Set the filling aside to cool.
3. Make the dough: In a large mixing bowl, whisk together the cassava flour, all-purpose flour, salt, and baking powder. In a separate bowl, beat the egg and warm milk together, then add to the flour mixture. Mix until the dough comes together.
4. Shape the coxinhas: Take a small piece of the dough and form it into a ball. Flatten the ball into a disk and place a spoonful of the chicken filling in the center. Roll the dough up around the filling to form a teardrop shape, making sure the filling is fully enclosed. Repeat with the remaining dough and filling.
5. Fry the coxinhas: Heat the vegetable oil in a large saucepan or deep fryer to 350°F (180°C). Fry the coxinhas in the hot oil until golden brown, about 3-5 minutes. Drain on a paper towel-lined plate.
6. Serve the coxinhas warm, as a snack or appetizer.

Acarajé

Acarajé is a traditional street food from the northeastern region of Brazil, especially popular in the state of Bahia. It is a fritter made from black-eyed peas that are mashed, formed into a ball shape, and deep-fried. The result is a crispy and savory snack that is often served split in half and filled with various toppings, such as vatapá (a creamy, spicy peanut sauce), dried shrimp, and hot pepper sauce. Acarajé is a staple in Afro-Brazilian cuisine, and is traditionally made by women known as “baianas de acarajé” who wear traditional white dresses and headwraps. It is a popular food during festivals and other celebrations, and is beloved for its unique flavor and texture.

Ingredients:

ngredients:
- 1 cup of dried black-eyed peas, soaked overnight
- 1 medium onion, chopped
- 2 cloves of garlic, minced
- Salt and pepper, to taste
- Vegetable oil, for frying

Optional toppings:
- Vatapá
- Dried shrimp
- Hot pepper sauce
- Farofa (toasted cassava flour)
- Shredded lettuce
- Chopped tomatoes
- Hot sauce

Instructions:

1. Make the batter: Drain the soaked black-eyed peas and place them in a food processor or blender. Add the onion, garlic, salt, and pepper, and process until a smooth batter forms.
2. Fry the acarajé: Heat the vegetable oil in a large saucepan or deep fryer to 350°F (180°C). Use your hands to form the batter into small, round balls about the size of a golf ball. Fry the acarajé in the hot oil until crispy and golden, about 3-5 minutes. Drain on a paper towel-lined plate.
3. Serve the acarajé: Slice each acarajé in half and fill with your desired top pings. Serve as a snack or appetizer.

Moqueca

Moqueca is a traditional fish stew from the state of Bahia in Brazil. It is made with fresh fish, palm oil, onions, garlic, tomato, and a blend of spices, such as cilantro, dendê oil, and malagueta pepper. It is typically cooked in a clay or cast iron pot and served over rice.

Moqueca is a staple of Bahian cuisine, and is known for its flavorful and aromatic broth, which is achieved by combining the ingredients in a slow-cooking process. The fish is simmered in the broth until it is fully cooked and infused with the flavors of the spices and vegetables. Moqueca is a popular dish in Brazil, and is often enjoyed at home, in restaurants, and during festivals and other celebrations.

Ingredients:

- 2 pounds of fresh fish (such as cod, shrimp, or a combination), cut into portions
- 1 large onion, chopped
- 3 cloves of garlic, minced
- 1 medium tomato, chopped
- 1/2 cup of cilantro leaves, chopped
- 3 tablespoons of dendê oil (or palm oil)
- 2 teaspoons of paprika
- 1 teaspoon of salt
- 1/2 teaspoon of freshly ground black pepper
- 1/2 teaspoon of red pepper flakes (optional)
- 1/2 cup of coconut milk
- Rice, for serving

Instructions:

1. In a large, deep skillet or a clay or cast iron pot, heat the dendê oil over medium heat. Add the onion and cook until softened, about 5 minutes.
2. Add the garlic and cook for another minute, until fragrant.
3. Add the tomato, cilantro, paprika, salt, black pepper, and red pepper flakes (if using) and stir to combine. Cook for about 5 minutes, until the tomato has softened.
4. Add the fish to the pot and spoon the sauce over the fish. Add the coconut milk and bring to a gentle simmer.
5. Cover the pot and cook the moqueca for 10-15 minutes, or until the fish is fully cooked and the sauce has thickened slightly.
6. Serve the moqueca over a bed of rice, garnished with additional cilantro, if desired.

Caldo de Galinha (chicken soup)

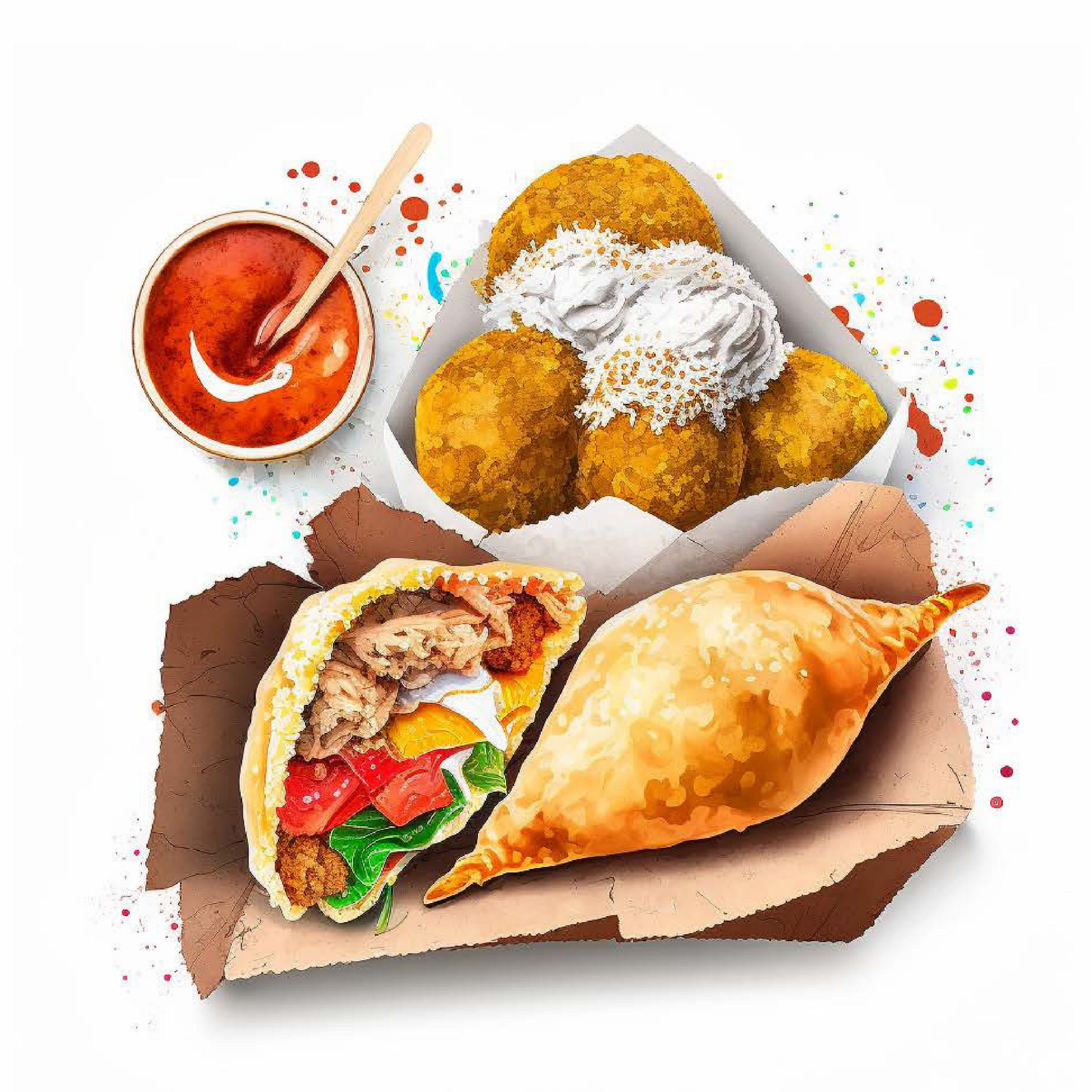
Caldo de Galinha is a traditional Brazilian chicken soup made with pieces of chicken, vegetables such as onions, carrots, and potatoes, and seasonings like cilantro, garlic, and bay leaves. The soup is usually served with rice and can be garnished with additional ingredients like chopped scallions or farofa (toasted cassava flour). Caldo de Galinha is considered a comfort food in Brazil and is often enjoyed as a light meal or as a cure for colds and other ailments.

Ingredients:

- 1 whole chicken, cut into pieces
- 4 medium-sized potatoes, peeled and cut into chunks
- 2 carrots, peeled and sliced
- 1 onion, chopped
- 2 cloves of garlic, minced
- 2 tablespoons of olive oil
- 4 cups of chicken broth
- 2 bay leaves
- Salt and pepper, to taste
- Fresh cilantro, chopped (optional)
- Rice, for serving (optional)

Instructions:

1. In a large pot, heat the olive oil over medium heat.
2. Add the chicken pieces and cook until browned on all sides, about 10 minutes.
3. Remove the chicken from the pot and set aside.
4. Add the onions, carrots, and garlic to the pot and sauté until the onions are translucent, about 5 minutes.
5. Return the chicken to the pot and add the chicken broth, potatoes, bay leaves, salt, and pepper.
6. Bring the soup to a boil, then reduce the heat and let it simmer for about 30 minutes or until the chicken is cooked through and the vegetables are tender.
7. Taste and adjust the seasonings, if necessary.
8. Serve hot with chopped cilantro and rice, if desired.



Pastel

Pastel is a popular street food in Brazil, typically made of a deep-fried or baked pastry shell filled with various ingredients, such as cheese, meat, or seafood. The dough for the pastry shell is usually made from a mixture of flour, water, and salt, and it is often crispy and flaky. Pastel is commonly served as a snack or as a light meal, and it is often sold by street vendors, in snack bars, or at fairs and festivals. It is a staple of Brazilian cuisine and is loved for its convenience, versatility, and delicious taste.

Ingredients:

- 1 cup all-purpose flour
- 1/2 teaspoon salt
- 1/2 teaspoon baking powder
- 1/4 cup vegetable oil
- 1/4 cup water
- Filling of your choice (e.g., cheese, ground meat, diced vegetables, etc.)

Instructions:

1. In a large bowl, whisk together the flour, salt, and baking powder.
2. Add the oil and water to the bowl and mix with a fork or your hands until a dough forms.
3. Knead the dough on a floured surface for a few minutes until it is smooth and elastic.
4. Roll out the dough to a thin layer and cut it into 4-inch squares.
5. Spoon a small amount of the filling of your choice onto one side of each square.
6. Fold the opposite side of the dough over the filling to form a triangle, seal ing the edges with a fork.
7. Heat oil in a deep pan over medium heat.
8. Fry the pastels in the hot oil until they are golden brown, about 2-3 minutes on each side.
9. Drain the pastels on paper towels to remove any excess oil.
10. Serve hot with a side of dipping sauce, if desired.

Empadão

Empadão is a traditional Brazilian dish consisting of a large, deep-dish pie made with a crispy, flaky crust and filled with a variety of ingredients, typically meat, cheese, and vegetables. The filling is usually made with a combination of slow-cooked meat, such as chicken or beef, mixed with a flavorful sauce and vegetables like onions, peppers, and olives. The filling is then baked in a large, round pie dish and topped with a layer of dough to form a lid. The result is a hearty, comforting dish that is a staple of Brazilian cuisine and is enjoyed as a main course or as a substantial snack. Empadão is often served at family gatherings, parties, and other special events and is a beloved dish among Brazilians for its delicious taste and satisfying texture.

Ingredients:

- 2 cups all-purpose flour
- 1/2 teaspoon salt
- 1/2 cup unsalted butter, cut into small pieces
- 1 egg yolk
- 2-3 tablespoons ice water
- Filling of your choice (e.g., shredded chicken, diced vegetables, etc.)

For the filling:

- 1 pound boneless, skinless chicken breasts
- 1 medium onion, diced
- 2 cloves garlic, minced
- 1 red bell pepper, diced
- 1 cup chicken broth
- 1 cup diced tomatoes
- 1 teaspoon dried oregano
- 1 teaspoon paprika
- Salt and pepper, to taste
- 1 cup grated cheese
- 1/4 cup chopped olives

Instructions:

1. To make the crust, combine the flour and salt in a large bowl.
2. Add the butter and use a pastry cutter or your fingers to mix the butter into the flour until the mixture resembles coarse crumbs.
3. In a small bowl, whisk together the egg yolk and ice water.
4. Add the egg mixture to the flour mixture and stir until a dough forms.
5. Knead the dough briefly on a floured surface and then wrap it in plastic wrap. Chill in the refrigerator for 30 minutes.
6. To make the filling, cook the chicken in a large saucepan over medium heat until fully cooked.
7. Remove the chicken from the pan and set aside to cool.
8. In the same saucepan, sauté the onion, garlic, and red bell pepper until softened.
9. Add the chicken broth, diced tomatoes, oregano, paprika, salt, and pepper to the pan and bring to a boil.
10. Reduce heat and simmer for 10 minutes.
11. Shred the cooled chicken and add it to the pan with the sauce.
12. Preheat the oven to 375°F.
13. Roll out half of the dough on a floured surface to fit the bottom of a 9-inch pie dish.
14. Place the dough in the dish and trim any excess.
15. Spoon the filling into the dish and sprinkle with the grated cheese and chopped olives.
16. Roll out the remaining dough and place it over the top of the filling to form a lid.
17. Trim any excess dough and crimp the edges to seal.
18. Bake the empadão in the preheated oven for 25-30 minutes, or until the crust is golden brown.
19. Allow the empadão to cool for a few minutes before slicing and serving.

Vatapá

Vatapá is a traditional Brazilian dish that originates from the state of Bahia. It is a creamy and flavorful stew made with a base of breadcrumbs, coconut milk, and peanuts, which are blended into a smooth paste and simmered with spices, diced shrimp, and other ingredients. The dish is then typically served over rice and can also be garnished with fresh cilantro, toasted coconut flakes, or diced cashews. Vatapá is a staple of Bahian cuisine and is known for its rich, comforting flavor and creamy texture. It is often enjoyed as a main course and is considered to be one of the most representative dishes of the region's African-influenced culinary heritage.is a traditional Brazilian dish that originates from the state of Bahia. It is a creamy and flavorful stew made with a base of breadcrumbs, coconut milk, and peanuts, which are blended into a smooth paste and simmered with spices, diced shrimp, and other ingredients. The dish is then typically served over rice and can also be garnished with fresh cilantro, toasted coconut flakes, or diced cashews. Vatapá is a staple of Bahian cuisine and is known for its rich, comforting flavor and creamy texture. It is often enjoyed as a main course and is considered to be one of the most representative dishes of the region's African-influenced culinary heritage.

Ingredients:

- 1 cup breadcrumbs
- 1 cup coconut milk
- 1/2 cup unsalted peanuts
- 2 tablespoons olive oil
- 1 medium onion, diced
- 3 cloves garlic, minced
- 2 teaspoons dried dendê oil or palm oil
- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- 1/2 teaspoon ground turmeric
- Salt and pepper, to taste
- 1 pound large shrimp, peeled and deveined
- 2 tablespoons lemon juice
- Fresh cilantro, for garnish (optional)
- Rice, for serving

Instructions:

1. In a large bowl, soak the breadcrumbs in the coconut milk for 15 minutes.
2. In a blender or food processor, grind the peanuts into a smooth paste.
3. Heat the olive oil in a large saucepan over medium heat.
4. Add the onion and garlic and sauté until softened, about 5 minutes.
5. Add the bread and coconut milk mixture, peanut paste, dendê oil or palm oil, coriander, cumin, turmeric, salt, and pepper to the pan.
6. Stir well to combine and bring the mixture to a simmer.
7. Reduce heat and continue to simmer for 10 minutes, stirring occasionally.
8. Add the shrimp to the pan and continue to cook for an additional 5-7 minutes, or until the shrimp are cooked through.
9. Stir in the lemon juice.
10. Serve the vatapá over a bed of rice and garnish with fresh cilantro, if desired.

Picanha

Picanha (sirloin) is a popular cut of beef in Brazil, also known as the rump cap or coulotte in other parts of the world. It is a triangular shaped cut, located at the top of the sirloin and is highly regarded for its flavor and tenderness.

In Brazilian cuisine, picanha is typically seasoned with salt and cooked on a skewer over an open flame grill or charcoal fire. The outer fat cap is left on to keep the meat moist and adds flavor during cooking. Once cooked to the desired level of doneness, the picanha is sliced against the grain and served hot, often accompanied by farofa (toasted cassava flour), rice, beans, and a selection of sauces such as chimichurri, garlic butter, or tomato salsa.

Ingredients:

- 2-3 lb picanha (sirloin)
- Salt
- Chimichurri sauce (optional)

Instructions:

1. Remove the picanha from the refrigerator at least 30 minutes before cooking to bring it to room temperature.
2. Preheat your grill or barbecue to high heat.
3. Trim any excess fat from the picanha, leaving a thin layer of fat on top.
4. Score the fat cap with a sharp knife in a diamond pattern to help it render during cooking.
5. Season the meat generously with salt, covering all sides.
6. Place the picanha fat-side down on the grill or barbecue, and cook for about 10-15 minutes until the fat has rendered and the meat is nicely seared.
7. Flip the picanha and continue cooking for another 10-15 minutes or until it reaches your desired level of doneness. For medium-rare, aim for an internal temperature of around 130-135°F (54-57°C).
8. Once the picanha is cooked, remove it from the grill and let it rest for 5-10 minutes before slicing.
9. Slice the picanha against the grain, and serve with chimichurri sauce (optional), farofa, rice, and beans

Bife a cavalo

Bife a cavalo is a traditional dish from Brazil. It is a steak served with a fried egg on top, and the dish is often served with a side of rice, fries, and sometimes black beans. The name “bife a cavalo” literally means “steak on horseback,” which is thought to refer to the egg being the “rider” on top of the steak.

Bife a cavalo is typically made with a sirloin or round steak that is cooked to the desired level of doneness, then topped with a fried egg. The egg is usually cooked over-easy, so the yolk runs and creates a sauce that mixes with the steak juices.

Ingredients:

- 4 beef sirloin steaks, about 1 inch thick
- Salt and pepper to taste
- 4 large eggs
- 4 tablespoons of butter
- Olive oil for cooking

Instructions:

1. Season the steaks with salt and pepper on both sides.
2. Heat a large skillet over medium-high heat and add enough olive oil to coat the bottom of the pan.
3. Add the steaks to the skillet and cook for 4-5 minutes on each side, or until they are cooked to your liking. Remove the steaks from the skillet and set them aside on a plate to rest.
4. In the same skillet, melt 1 tablespoon of butter over medium heat.
5. Crack one egg into a small bowl and then slide it into the skillet. Repeat with the remaining eggs, making sure to leave enough space between them so they don’t stick together.
6. Cook the eggs for about 2-3 minutes, or until the whites are set but the yolks are still runny. Use a spatula to carefully remove the eggs from the skillet and set them aside.
7. To assemble the dish, place a steak on each plate and top it with a fried egg. Drizzle any remaining butter from the skillet over the eggs and steaks.
8. Serve the bife a caballo hot, accompanied by a side salad, grilled vegetables, or mashed potatoes.

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Frango a Passarinho

Frango a Passarinho, also known as "chicken passarinho," is a traditional Brazilian dish that is made with small, bite-sized pieces of chicken that are battered and fried until crispy and golden brown. The dish is typically served as an appetizer or snack, often with a side of rice and beans.

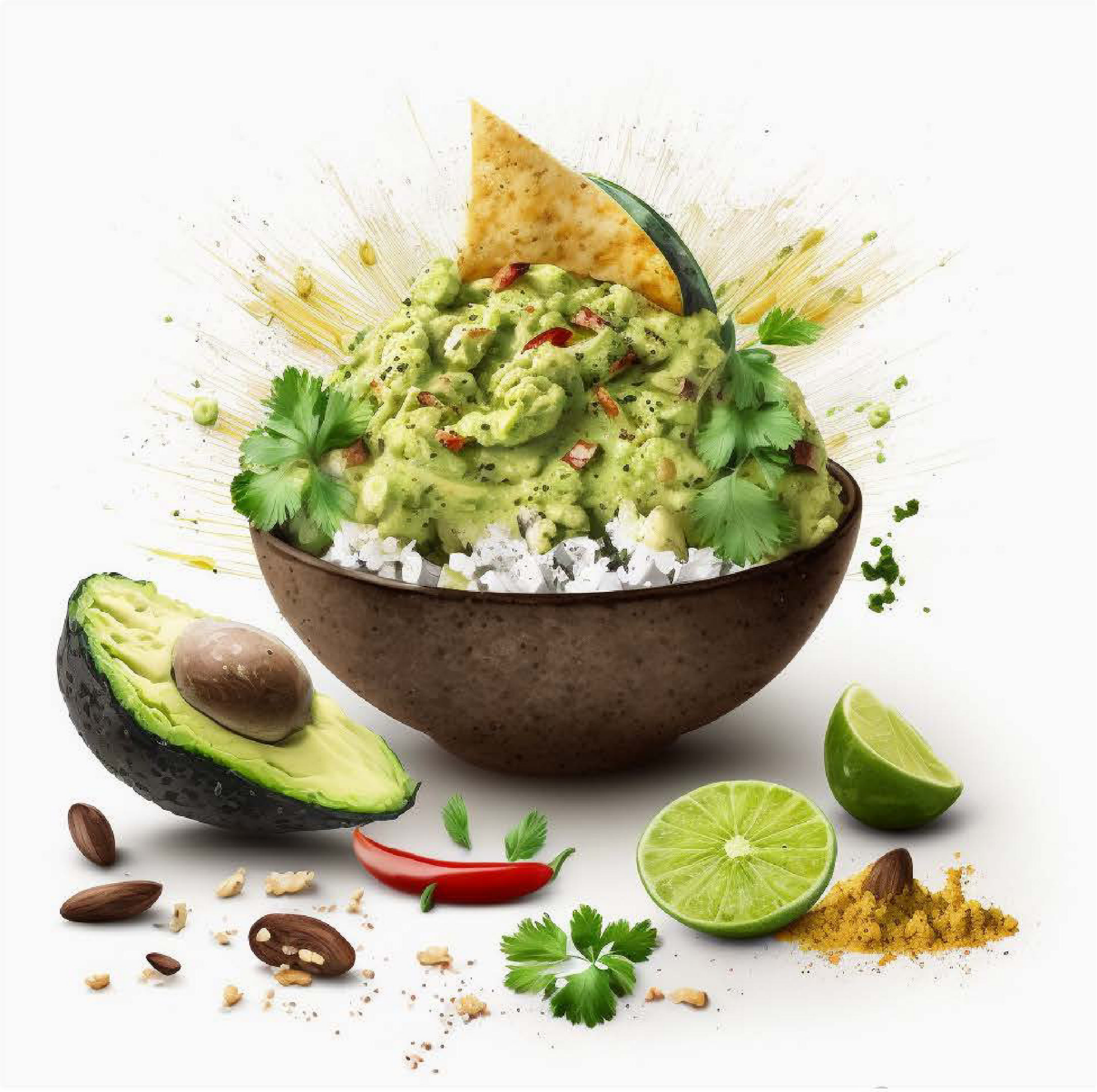
The chicken is marinated in a mixture of spices, including garlic, salt, and pepper, and then battered in a mixture of flour, cornstarch, and seasonings. The chicken pieces are then deep-fried until crispy and golden brown. The resulting dish is crispy and crunchy on the outside and juicy and flavorful on the inside.

Ingredients:

- 1 pound boneless, skinless chicken breast, cut into bite-sized pieces
- 1 teaspoon salt
- 1 teaspoon black pepper
- 2 cloves of garlic, minced
- 1 cup all-purpose flour
- 1/2 cup cornstarch
- 1 teaspoon paprika
- 1 teaspoon cumin
- 1 teaspoon dried oregano
- 1/2 teaspoon cayenne pepper
- 2 cups vegetable oil, for frying

Instructions:

1. In a large bowl, combine the chicken pieces, salt, pepper, and minced garlic. Stir to evenly distribute the seasonings.
2. In another bowl, whisk together the flour, cornstarch, paprika, cumin, oregano, and cayenne pepper.
3. Dredge each piece of chicken in the flour mixture, shaking off any excess.
4. Heat the vegetable oil in a deep saucepan over medium-high heat until it reaches 350°F.
5. Working in batches, add the chicken pieces to the hot oil and fry for 2-3 minutes, or until golden brown and crispy.
6. Remove the chicken from the oil with a slotted spoon and drain on paper towels.
7. Serve the Frango a Passarinho immediately, with your choice of sides, such as rice and beans.



Guaca

Guaca, also known as guacamole, is a popular Mexican dip made from mashed avocados, lime juice, salt, and other seasonings and ingredients such as tomato, onion, jalapeno pepper, and cilantro. Guacamole is a staple in Mexican cuisine and is commonly served as a dip or spread with chips, tacos, or burritos.
The texture of guacamole can range from smooth to chunky, depending on personal preference and the ingredients used. The flavors of guacamole are bright, fresh, and tangy, with the creamy richness of the avocado being balanced by the acidic tang of the lime juice and the spiciness of the jalapeno pepper.

Ingredients:

- 3 ripe avocados
- 1 medium tomato, diced
- 1/2 medium onion, diced
- 1 jalapeno pepper, seeded and minced
- 1 clove garlic, minced
- 1 tablespoon fresh lime juice
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons fresh cilantro, chopped

Instructions:

1. Cut the avocados in half and remove the pit. Scoop the flesh into a large bowl and mash it with a fork or potato masher until it is slightly chunky.
2. Add the diced tomato, onion, jalapeno pepper, garlic, lime juice, salt, and pepper to the bowl with the mashed avocado. Stir until well combined.
3. Fold in the chopped cilantro and mix until evenly distributed.
4. Taste the guacamole and adjust the seasoning as needed. Add more salt, pepper, or lime juice to taste.
5. Serve the guacamole immediately with chips, crackers, or as a spread on tacos, burritos, or sandwiches.

Quibe

In Brazil, "quibe" refers to a dish that is similar to the Middle Eastern kibbeh, but with some differences in ingredients and preparation.

Brazilian quibe is typically made with ground beef or ground turkey mixed with bulgur wheat, onion, garlic, and spices such as cumin, paprika, and coriander. The mixture is then shaped into small, oval-shaped patties that are usually fried until crispy and golden on the outside and tender on the inside.

Quibe is often served as a snack or appetizer, and can be accompanied by a variety of dipping sauces such as tahini, hummus, or a garlic sauce. It is also a popular street food in Brazil, often sold from food carts and street stalls.

Ingredients:

- 1 cup bulgur wheat
- 1 lb ground beef or ground turkey
- 1 medium onion, finely chopped
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1 teaspoon coriander
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- Vegetable oil for frying

Instructions:

1. Rinse the bulgur wheat in cold water and drain well. Place it in a bowl and add enough warm water to cover it by about 1 inch. Let it soak for about 30 minutes, or until the bulgur is soft and tender.
2. In a large bowl, mix together the ground meat, soaked bulgur, onion, garlic, cumin, paprika, coriander, salt, and pepper until well combined.
3. Using your hands, shape the mixture into small, oval-shaped patties about the size of golf balls.
4. In a large, heavy-bottomed pan, heat the vegetable oil over medium-high heat. When the oil is hot, add the quibe patties and cook for about 3-4 min utes on each side, or until crispy and golden brown.
5. Remove the quibe from the pan with a slotted spoon and place them on a paper towel-lined plate to drain any excess oil.
6. Serve the quibe warm, accompanied by your choice of dipping sauce.

Peixe na telha

Peixe na telha is a popular Brazilian seafood dish that is typically prepared with a grilled fish fillet served on a clay tile, or “telha” in Portuguese. The fish is usually seasoned with garlic, lemon, salt, and pepper, and sometimes other herbs and spices, depending on the recipe. The telha is heated in an oven or over an open flame until it is very hot, and the fish is then placed on the tile and served sizzling hot. The dish is often accompanied by rice, beans, and/or vegetables. The clay tile not only adds to the presentation of the dish but also helps to keep the fish warm while it is being served.

Ingredients:

- 4 fish fillets (any firm, white fish like cod or halibut works well)
- 4 garlic cloves, minced
- 1 lemon, juiced
- Salt and pepper, to taste
- 4 clay tiles (available at some kitchen stores or online)
- 1/4 cup olive oil
- Chopped fresh parsley or cilantro for garnish

Instructions:

1. Preheat your oven to 400°F (200°C).
2. Rinse the fish fillets and pat them dry with paper towels. Season each fillet with minced garlic, lemon juice, salt, and pepper.
3. Place the clay tiles in the oven for about 20 minutes to heat them up.
4. Heat the olive oil in a large skillet over medium-high heat.
5. When the tiles are hot, carefully remove them from the oven and place one fish fillet on each tile. The fish should sizzle when it touches the tile.
6. Place the tiles in the oven and bake for 10-15 minutes, until the fish is cooked through and flakes easily with a fork.
7. Remove the tiles from the oven and carefully transfer them to a serving plat ter. Garnish with chopped fresh parsley or cilantro and serve immediately.
8. Serve with sides of your choice such as rice, beans, or vegetables.

X-tudo

X-tudo is a popular Brazilian sandwich that is considered a “complete” meal. The “X” in X-tudo stands for “everything”, and the sandwich typically includes a wide range of ingredients that provide a variety of flavors and textures.

The base of the sandwich is a large bun that is filled with a combination of ingredients such as steak or grilled chicken, melted cheese, egg, bacon, lettuce, tomato, corn, mayonnaise, and ketchup. The sandwich is usually served hot and is known for being both filling and satisfying.

Ingredients:

- 4 large hamburger buns
- 4 steaks or grilled chicken breasts
- 4 slices of cheese (cheddar or mozzarella)
- 4 fried eggs
- 8 slices of bacon, cooked crispy
- 4 leaves of lettuce, shredded
- 2 medium tomatoes, sliced
- 1 cup of corn kernels
- 4 tablespoons of mayonnaise
- 4 tablespoons of ketchup

Instructions:

1. Cook the steaks or grilled chicken breasts and set aside.
2. Toast the hamburger buns and spread mayonnaise and ketchup on the bottom halves.
3. Place a slice of cheese on each bottom half of the buns.
4. Top the cheese with the steak or grilled chicken breast.
5. Place two slices of crispy bacon on each sandwich.
6. Add the fried egg, shredded lettuce, and sliced tomatoes.
7. Sprinkle corn kernels on top of the sandwich.
8. Place the top halves of the buns on the sandwich and serve hot.

Sorvete de creme

Sorvete de creme is a traditional Brazilian ice cream flavor made with a creamy base and a rich, custard-like texture. It is made with a mixture of heavy cream, sugar, eggs, and vanilla extract, which is then churned and frozen until it reaches a smooth and creamy consistency.

Sorvete de creme is a popular dessert in Brazil and is often served as a refreshing treat on hot days. It has a smooth, creamy texture and a subtle, sweet flavor that makes it a popular choice for those looking for a classic and traditional ice cream flavor.

Ingredients:

- 2 cups of heavy cream
- 1 cup of whole milk
- 3/4 cup of granulated sugar
- 4 large egg yolks
- 1 teaspoon of vanilla extract

Instructions:

1. In a medium saucepan, heat the heavy cream, whole milk, and sugar over medium heat until the sugar has dissolved.
2. In a separate bowl, whisk the egg yolks together until well combined.
3. Slowly pour about 1/2 cup of the hot cream mixture into the egg yolks while whisking continuously to temper the eggs.
4. Pour the egg yolk mixture back into the saucepan with the remaining cream mixture and continue to cook over medium heat, stirring constantly, until the mixture thickens and coats the back of a spoon (about 8 to 10 minutes).
5. Remove the saucepan from heat and stir in the vanilla extract.
6. Strain the mixture through a fine-mesh strainer into a clean bowl to remove any lumps.
7. Cover the bowl with plastic wrap, pressing the wrap directly onto the surface of the custard to prevent a skin from forming.
8. Refrigerate the custard until it is well chilled, at least 4 hours or overnight.
9. Once the custard is chilled, churn it in an ice cream maker according to the manufacturer's instructions.
10. Transfer the churned ice cream to a freezer-safe container and freeze until firm, about 2 hours.

Bauru sandwich

Bauru is a popular sandwich originating from the city of Bauru in São Paulo, Brazil. It is considered a classic in Brazilian cuisine and is widely enjoyed throughout the country.
A Bauru sandwich typically consists of a soft, crustless white bread that is filled with thinly sliced roast beef, melted mozzarella cheese, tomato slices, pickled cucumber, and a condiment such as mayonnaise. The sandwich is usually served warm and the melted cheese is meant to hold the ingredients together.

Ingredients:

- 8 slices of white bread, crusts removed
- 2 lb of roast beef, thinly sliced
- 8 slices of mozzarella cheese
- 4 medium tomatoes, sliced
- 8 pickled cucumber slices
- 8 tablespoons of mayonnaise

Instructions:

1. Preheat a pan or griddle over medium heat.
2. Lay the slices of bread on a flat surface and spread a tablespoon of mayon naise on each slice.
3. Arrange the slices of roast beef on two slices of bread, covering the entire surface.
4. Place a slice of mozzarella cheese on top of the roast beef.
5. Add the slices of tomato and pickled cucumber on top of the cheese.
6. Close the sandwich by placing the remaining slices of bread on top.
7. Place the sandwich in the pan or griddle and cook until the bread is golden brown and the cheese has melted, about 2-3 minutes on each side.
8. Serve the Bauru sandwich warm and enjoy.

Feijão tropeiro

Feijão tropeiro is a traditional Brazilian dish made with black beans, collard greens, pork sausage, cassava flour, and spices. It is a hearty and flavorful stew that is typically served as a main dish and is a staple of Brazilian cuisine.

The dish is said to have originated in the state of Minas Gerais and is named after the “tropeiros,” the muleteers who used to carry goods across the country in the 19th century. They would often prepare this dish as a way to feed themselves while on the road, using ingredients that were easy to carry and would last for several days.

Ingredients:

- 1 lb black beans, soaked overnight and drained
- 1 lb collard greens, chopped
- 1 lb pork sausage, diced
- 4 slices of bacon, diced
- 1 onion, chopped
- 2 cloves of garlic, minced
- 2 tablespoons of cassava flour
- 1 teaspoon of cumin
- 2 bay leaves
- Salt and pepper to taste

Instructions:

1. In a large pot, cook the bacon over medium heat until crispy. Remove with a slotted spoon and set aside.
2. Add the pork sausage to the same pot and cook until browned. Remove with a slotted spoon and set aside.
3. In the same pot, add the chopped onion and minced garlic and cook until the onion is translucent.
4. Stir in the cassava flour and cook for another minute, until lightly browned.
5. Add the drained black beans, collard greens, cumin, bay leaves, salt, and pepper to the pot.
6. Pour in enough water to cover the ingredients by 2 inches.
7. Bring the mixture to a boil, then reduce heat to low and let it simmer for 2 hours, or until the beans are tender and the stew has thickened.
8. Stir in the cooked bacon and pork sausage and cook for another 5 minutes to heat through.
9. Serve the Feijão tropeiro hot, with rice and any desired garnishes, such as hard-boiled eggs, cassava flour dumplings, or fresh cilantro.

Brazilian Lasagna

Brazilian lasagna, also known as lasanha brasileira, is a variation of the traditional Italian lasagna dish that is popular in Brazil. It typically incorporates local ingredients and flavors, and is made with a slightly different style of sauce and cheese compared to the classic Italian version.

Brazilian lasagna typically uses a lighter tomato-based sauce made with diced tomatoes, onions, garlic, and fresh herbs such as parsley and basil. The sauce is then layered with wide flat pasta noodles, along with cheese and either ground beef or chicken. In Brazil, a common cheese used in lasagna is "requeijão," a soft and creamy cheese that is similar to ricotta but has a more tangy flavor.

Ingredients:

- 1 lb. wide flat pasta noodles
- 1 lb. ground beef or chicken
- 1 onion, diced
- 3 cloves of garlic, minced
- 2 cans of diced tomatoes
- 2 tablespoons of tomato paste
- 1 teaspoon of dried basil
- 1 teaspoon of dried oregano
- Salt and pepper to taste
- 2 cups of requeijão or ricotta cheese
- 1 cup of shredded mozzarella cheese
- 1/2 cup of grated Parmesan cheese
- Fresh parsley and basil leaves, chopped, for garnish (optional)

Instructions:

1. Preheat the oven to 375°F (190°C).
2. Cook the pasta noodles according to package instructions until al dente, then drain and set aside.
3. In a large saucepan, brown the ground beef or chicken over medium heat until fully cooked. Remove with a slotted spoon and set aside.
4. In the same saucepan, sauté the onion and garlic until the onion is translucent.
5. Stir in the diced tomatoes, tomato paste, basil, oregano, salt, and pepper and bring to a boil.
6. Reduce heat to low and let the sauce simmer for 10 minutes, or until it has thick ened slightly.
7. In a large mixing bowl, combine the requeijão or ricotta cheese, mozzarella cheese, and 1/4 cup of grated Parmesan cheese.
8. In a 9x13 inch baking dish, spread a thin layer of the tomato sauce on the bottom.
9. Add a layer of pasta noodles on top of the sauce, followed by a layer of the cheese mixture.
10. Repeat this process until all of the ingredients have been used, ending with a lay er of cheese on top.
11. Sprinkle the remaining 1/4 cup of grated Parmesan cheese on top of the lasagna.
12. Cover the dish with aluminum foil and bake in the oven for 30 minutes.
13. Remove the foil and bake for another 15 minutes, or until the cheese is melted and the edges of the pasta are crispy.
14. Let the lasagna cool for 10 minutes before slicing and serving.

Arroz carreteiro

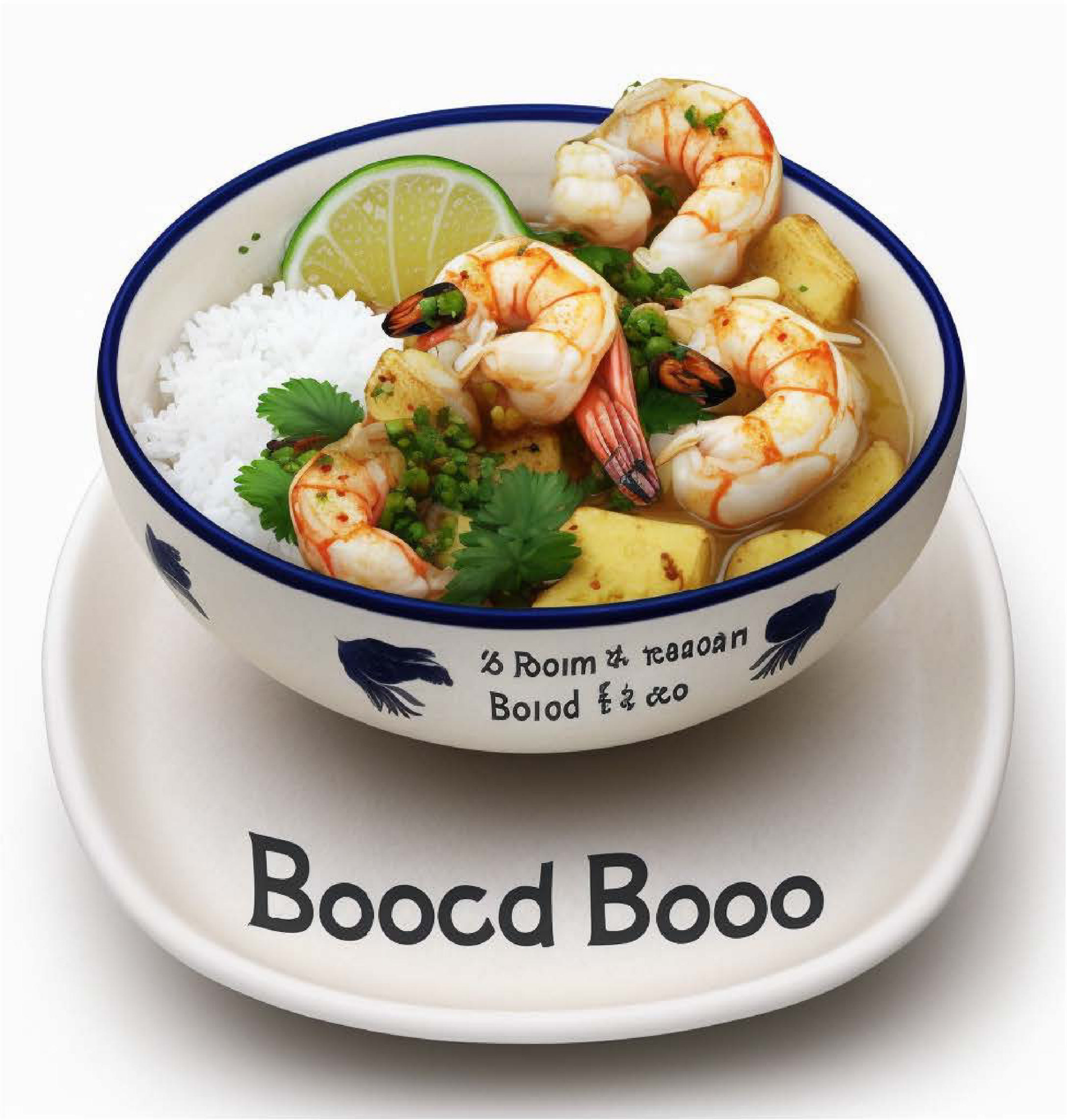
Arroz carreteiro is a popular Brazilian dish that originated from the gaucho cowboys of the southern state of Rio Grande do Sul. It consists of rice and a variety of ingredients, typically leftovers from other meals, all cooked together in one pot. The dish is made by first cooking sliced onions, diced beef, and garlic in a large pot until the beef is browned. Then, water, chopped tomatoes, and spices such as cumin and paprika are added, followed by the rice. The mixture is then cooked over low heat until the rice is tender and the liquid is absorbed.

Ingredients:

- 1 lb. beef sirloin, cut into small cubes
- 1 large onion, chopped
- 3 cloves of garlic, minced
- 1 can of black beans, drained and rinsed
- 2 tomatoes, chopped
- 2 cups of long grain rice
- 3 cups of water
- 2 teaspoons of paprika
- 1 teaspoon of ground cumin
- Salt and pepper to taste
- 1/2 cup of grated Parmesan cheese
- Fresh cilantro, chopped, for garnish (optional)

Instructions:

1. In a large pot, heat a little bit of oil over medium-high heat.
2. Add the beef cubes and cook until browned on all sides, about 5 minutes.
3. Add the chopped onions and minced garlic to the pot and cook until the onions are translucent, about 5 minutes.
4. Stir in the chopped tomatoes and cook for 2-3 minutes.
5. Add the drained and rinsed black beans, paprika, cumin, salt, and pepper to the pot and stir to combine.
6. Pour in the rice and water and stir to combine.
7. Bring the mixture to a boil, then reduce the heat to low and cover the pot.
8. Let the rice simmer for 18-20 minutes, or until the liquid has been absorbed and the rice is tender.
9. Stir in the grated Parmesan cheese and adjust the seasoning as needed.



Bobó de camarão

Bobó de camarão is a traditional Brazilian dish made from shrimp and cassava, a root vegetable native to South America. It is a creamy and flavorful stew that is commonly served as a main course.

The dish is made by first sautéing onions, garlic, and diced tomatoes in a large pot. Then, grated cassava is added along with water, and the mixture is simmered until the cassava is tender. Finally, cooked shrimp is added to the pot and the stew is seasoned with cilantro, chili pepper, and other spices to taste.

Ingredients:

- 1 lb. of large shrimp, peeled and deveined
- 1 large onion, chopped
- 3 cloves of garlic, minced
- 2 tomatoes, chopped
- 2 cups of grated cassava
- 4 cups of water
- 1/2 cup of cilantro, chopped
- 1 red chili pepper, seeded and chopped (optional)
- Salt and pepper to taste
- 1/2 cup of coconut milk

Instructions:

1. In a large pot, heat a little bit of oil over medium-high heat.
2. Add the chopped onions and minced garlic and cook until the onions are translucent, about 5 minutes.
3. Stir in the chopped tomatoes and cook for 2-3 minutes.
4. Add the grated cassava and water to the pot and stir to combine.
5. Bring the mixture to a boil, then reduce the heat to low and cover the pot.
6. Let the cassava simmer for 20-25 minutes, or until tender.
7. Stir in the cooked shrimp, cilantro, chili pepper (if using), salt, and pepper to the pot.
8. Pour in the coconut milk and stir to combine.
9. Let the stew simmer for another 5 minutes, or until the shrimp is cooked through.
10. Serve the Bobó de camarão hot, garnished with additional cilantro if de sired.

Fettuccineo madeira

Fettuccine ao molho madeira is a popular Brazilian dish made with fettuccine pasta, a creamy sauce made from butter, shallots, garlic, Madeira wine, and heavy cream, and typically finished with grated Parmesan cheese. The sauce is made by sautéing shallots and garlic in butter, then deglazing the pan with Madeira wine. Heavy cream is added to the pan and simmered until it thickens, creating a rich and flavorful sauce that coats the fettuccine. This dish is usually served as a main course and can be garnished with additional Parmesan cheese and parsley.

Ingredients:

- 8 ounces fettuccine pasta
- 4 tablespoons unsalted butter
- 2 shallots, finely chopped
- 2 cloves garlic, minced
- 1/2 cup Madeira wine
- 1 cup heavy cream
- Salt and freshly ground black pepper, to taste
- 1/2 cup grated Parmesan cheese
- Fresh parsley leaves, for garnish (optional)

Instructions:

1. Cook the fettuccine according to the package instructions until al dente. Drain and set aside.
2. In a large saucepan, melt the butter over medium heat. Add the shallots and garlic and sauté until fragrant and softened, about 2-3 minutes.
3. Add the Madeira wine to the pan and let it simmer until it has reduced by half, about 5 minutes.
4. Add the heavy cream to the pan and bring to a simmer. Let the sauce reduce until it has thickened slightly, about 5-7 minutes. Season with salt and pepper, to taste.
5. Add the cooked fettuccine to the sauce and toss to coat the pasta evenly with the sauce.
6. Serve the fettuccine ao molho madeira in individual bowls, topped with grated Parmesan cheese and garnished with fresh parsley leaves, if desired.

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